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Saturday, December 13, 2014
Arizona Corporation Commission
1200 West Washington
Phoenix, AZ 85007-2996

AZ CORP COMMISSION
DOCKET CONTROL

ORIGINAL

Re: OPPOSITION TO SMART METERS PROPOSAL

To the Arizona Corporation Commission, especially the Commissioners and their legal staff;

As an addendum and follow-up of my 3 minute public comment yesterday at the hearing on Smart Meters, enclosed please find two-page news report dated yesterday entitled "Wireless technology causes brain damage".

Enclosed also please find the article concluding most Americans are malnourished, www.naturalblaze.com/2014/10/almost-all-americans-severely-lack.html. We have too many other burdens on our bodies to worry about, such as chemicals, e.g., www.Fluoridealert.org; heavy metals, e.g., Mercury-amalgam dental fillings, www.toxicteeth.org; pharmaceuticals, www.vactruth.com, and Monopoly Medicine medical doctors, e.g., *Doctors kill 2,450% more Americans than all gun-related deaths combined*, [http://www.naturalnews.com/038889 doctors guns statistics.html](http://www.naturalnews.com/038889_doctors_guns_statistics.html); and bad agriculture, e.g., genetically-modified crops (which results in inordinate amount of pesticides in our body after we eat it), <http://naturalsociety.com/statistics-prove-gmos-absolutely-not-feeding-america/>.

During my public comment yesterday, I mentioned an environmental principle adopted in Europe which would prohibit the introduction of a substance or device which has not been proven to be safe. One of the other public commenters mentioned it: "precautionary principle". The USA should adopt this precautionary principle. <http://www.sehn.org/ppfaqs.html>.

Arizona Corporation Commission

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I would implore the Commissioners to note the issues raised by the gentleman whose first name is "Doug" who made his public comment after the hearing's lunch break. Doug laid down the law your Committee should definitely take notice of, such as that State law requiring a permit, the IEEE's urging the amount of radiation be reviewed every five years.

The conclusions of the written study submitted to the Corporation Commission were "piloted" from the use of an inappropriate meter, other studies which found harm to human health were not included in the written report, there was no indication the amount of radiation emitted has been reviewed every five years since 1999 (as per IEEE requirement), no permit has been obtained under State law, warranting rejection of the study report and disapproval of the proposal presented to the Corporation Commission.

In the event the Corporation Commission decides to grant the Smart Meters proposal, then please render your decision in such a way so as to give more time to file an appeal?

For Liberty,

A handwritten signature in cursive script, reading "Richard Paul Zuckerman". The signature is fluid and extends across the width of the page.

Richard Paul Zuckerman,
B.A. in Political Science, Kean College Of New Jersey, 1987;
Diploma in Paralegal, N.Y.U., 2003.

naturalnews.com printable article

Originally published December 12 2014

New report: Wireless technology causes brain damage

by Jonathan Landsman

(NaturalNews) In April 2014, the BioInitiative Working Group -- consisting of 29 experts from 10 countries, 10 holding medical degrees, 21 PhDs, and three MsCs, MAs or MPHs -- said there is growing evidence that wireless technology causes brain damage, tumors and a host of chronic health conditions.

Based on a review of the science released in 2012 and 2013, Lennart Hardell, MD, PhD, at Orebro University, Sweden, said, "There is a consistent pattern of increased risk for glioma (a malignant brain tumor) and acoustic neuroma with use of mobile and cordless phones."

Wireless (microwave) radiation damages DNA forever! On the next *NaturalNews Talk Hour*, find out what the mainstream media refuses to tell you about the dangers of wireless technology and microwave radiation. Learn how to protect your family -- before it's too late.

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"We know that microwaves can cause genetic damage." -- Barry Trower, a retired British military intelligence scientist and expert in microwave technology.

"Our grandchildren and children are being used as lab rats..."

This quote is taken directly from Devra Davis, PhD, MPH, president of the Environmental Health Trust. Dr. Davis is seriously concerned about the future of humanity. Our children are being exposed to a level of "unnatural" microwave radiation which damages DNA and inhibits cellular repair -- which leads to cancer. This is truly an untested, mad experiment on humans with dire health consequences.

Here are some **quick facts about the dangers of wireless technology**:

1. In 2007, the BioInitiative Working Group released a 650-page document with over 2,000 studies linking RF and EMF exposure to cancer, Alzheimer's disease, DNA damage, immune system dysfunction, cellular damage and tissue reduction.
2. In May 2011, the World Health Organization's International Agency for Research on Cancer categorized "radiofrequency electromagnetic fields as possibly carcinogenic to humans based on an increased risk for glioma, a malignant type of brain cancer, associated with wireless cellphone use."
3. In April 2012, the American Academy of Environmental Medicine (AAEM) -- a national organization of medical and osteopathic physicians -- concluded that "genetic damage, reproductive defects, cancer, neurological degeneration and nervous system dysfunction, immune system dysfunction, cognitive effects, protein and peptide damage, kidney damage, and developmental effects have all been reported in the peer-reviewed scientific literature."

On the next *NaturalNews Talk Hour*, you'll discover the early warning signs of "electrosensitivity" syndrome and the dangers of EMF pollution in the home plus simple ways to protect yourself (and your kids).

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3 simple ways to reduce your exposure to wireless radiation

1. While talking on a cell phone, keep the phone away from your body. As often as possible, use the

speaker-phone mode or a wired headset (not Bluetooth).

2. Minimize your exposure. Make every effort to cut down your minutes on a cell phone and use a wired telephone -- especially for longer conversations. To reduce your cell phone exposure, communicate by text message instead of making the call.

3. Turn off your cell phone. Especially at night, try keeping the phone off and away from your head as often as possible.

In addition, wireless baby monitors, laptops and "smart" meters will greatly increase your exposure to microwave radiation. If you're a concerned parent or suffering from any "unexplainable" health issues, do NOT miss the next *NaturalNews Talk Hour* for an informative, empowering program about your health.

This week's guest: Camilla Rees, MBA, expert on EMF pollution

Discover the untold (scientific) truth about wireless technology - Sun. Dec. 14

Camilla Rees, MBA, is founder of *ElectromagneticHealth.org* and Campaign for Radiation Free Schools and co-founder of the International EMF Alliance. She co-authored the white paper "Cell Phones and Brain Tumors: 15 Reasons for Concern" and is the editor of "Getting Smarter About the Smart Grid".

Camilla speaks widely on the biological effects of electromagnetic fields, addresses medical conferences on this topic and is an EMF advisor to the National Institute for Science, Law and Public Policy. She is also on the advisory board of the International Institute for Building Biology and Ecology and a member of the U.S. Health Freedom Congress.

Warning -- if your child has a cell phone: In 2011, the International Agency for Research on Cancer -- a committee of 27 scientists from 14 different countries -- said that "risks are 5x greater for children using cell phones under the age of 20 than those over the age of 50." On the next *NaturalNews Talk Hour*, you'll learn about the real dangers of wireless technology unreported by the mainstream news.

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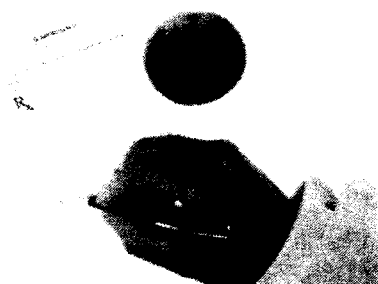
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Almost All Americans Severely Lack Essential Nutrition: Study

Thursday, October 23, 2014 | 0 comments

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A new study finds that most U.S. adults fail to meet recommended daily levels of 10 key nutrients, and those with disabilities have even worse nutrition than average.

An estimated 10 to 25 percent of U.S. adults fit into one or more category of disability, from those who have difficulties with activities of daily living such as dressing, bathing and eating, to those who cannot use their legs or struggle to accomplish routine tasks, such as money

management or household chores.

To determine how these physical or mental difficulties can affect nutrition, University of Illinois researchers analyzed two waves of self-reported food and supplement consumption data from 11,811 adults, more than 4,200 of whom qualified as disabled. The team drew the data from the 2007-2008 and 2009-2010 National Health and Nutrition Examination Surveys, which are conducted by the National Center for Health Statistics.

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"We conducted statistical analyses to compare people with and without disabilities in terms of nutrient intake," said University of Illinois kinesiology and community health professor Ruopeng An, who led the effort. He and his colleagues report their findings in the Journal of Human Nutrition and Dietetics.

"We found that American people consume much lower amounts of nutrients than are recommended," An said. "For example, only 11.3 percent of people meet the daily recommended intake of fiber. Only 4.7 percent of adults consume recommended amounts of potassium."

A large majority of U.S. adults also fall short of recommended intakes of vitamin A, vitamin C, vitamin D, calcium and iron, An said. They also eat more saturated fat, cholesterol and sodium than recommended, he said.

The picture for those who are disabled is even bleaker. Disabled American adults were even less likely than those without a disability to meet recommended dietary levels of saturated fat, fiber, vitamin A, vitamin C, calcium and potassium, the researchers report. The only exceptions (for intake of vitamin A, vitamin C and fiber) were among people with the lowest level of disability, whose intakes were comparable to non-disabled adults, An said.

"In general, people with disabilities are also disadvantaged nutritionally compared with people without disabilities, even though the bar is already so low," he said.

Those with the most severe physical and mental challenges were also the least likely to eat well, An said. This makes sense if one considers the challenges they must overcome to obtain, prepare and eat a

Which Food Causes The Most Weight Gain?



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healthy diet, he said.

"Physically, financially and mentally, they have different barriers to accessing healthy food," he said.

A trip to the grocery store can be a challenge for anyone who uses a cane, walker or wheelchair to get around. Some cannot grasp small items, open cans or jars, or stand at a countertop to prepare foods. Some have difficulty chewing or digesting certain foods, or may be restricted to a liquid diet. Or they use medications that affect their appetite or ability to taste foods. An said.

"Dietary supplement use moderately improved vitamin C, vitamin D and calcium intakes," the researchers reported.

"Policymakers and activists for the disabled traditionally have focused primarily on improving transportation options and the physical accessibility of buildings, roads, paths and parking lots," An said. "Now it's time for them to turn their attention to the nutritional challenges that confront people with disabilities."

The paper, "Nutrient intake among U.S. adults with disabilities," is available online or from the U. of I. News Bureau.



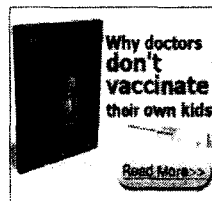
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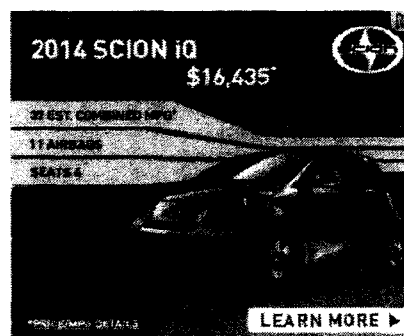


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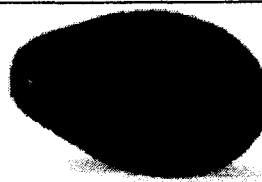


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Research Paper

Nutrient intake among US adults with disabilities

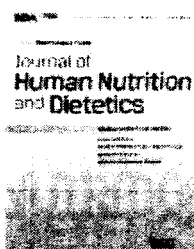
1. R. An*,
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4. N. A. Burd

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Keywords:

nutrient intake; diet; dietary supplement; disability; functional limitation

Abstract

Background

Physical, mental and financial barriers among persons with disabilities limit their access to healthier diet. The present study investigated the relationship between disabilities and nutrient intake among US adults.

Methods

Data originated from National Health and Nutrition Examination Survey 2007–2008 and 2009–2010 waves ($n = 11\,811$). Five disability categories include activities of daily living (ADLs), instrumental activities of daily living (IADLs), leisure and social activities (LSAs), lower extremity mobility (LEM) and general physical activities (GPAs). Nutrient intakes from food and dietary supplements were calculated from 24-h dietary recalls. Adherence to dietary reference intakes and dietary guideline recommendations was compared between people with and without disabilities and across disability categories in the statistical analysis.

Results

GPAs, IADLs, LSAs, LEM and ADLs occupied 24.5%, 13.3%, 9.9%, 9.2% and 9.2% of US adults, respectively (not mutually exclusive). Only 42.3%, 11.3%, 63.8%, 47.7%, 48.7%, 9.7%, 48.7%, 90.7%, 21.7% and 4.7% of adults had saturated fat, fibre, cholesterol, vitamin A, vitamin C, vitamin D, calcium, iron, sodium and potassium intakes from food within recommended levels, respectively. Dietary supplement use moderately improved vitamin C, vitamin D and calcium intakes. People with disabilities were less likely to meet recommended levels on saturated fat, fibre (except GPAs), vitamin A (except GPAs), vitamin C (except GPAs), calcium and potassium intakes than persons without disability. Nutrient intake differed across disability categories, with ADLs least likely to meet recommended intakes.

Conclusions

Interventions targeting persons with disabilities through nutrition education and financial assistance are warranted to promote healthy diet and reduce disparities.

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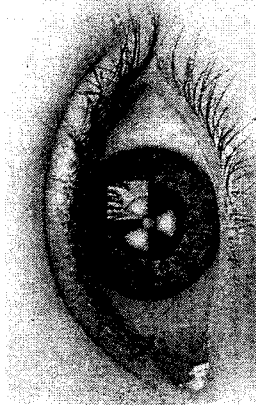
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